



It All Adds Up!

The USAF, as a microcosm of the nation in terms of gender, races/ethnicities, age groups, and educational levels, parallels national statistics on overweight and obesity. Using the current Body Mass Index (BMI) guidelines, the Centers for Disease Control and Prevention (CDC) has found that among adults in the U.S. (1999-2000), 33.5% were overweight and 31% were obese. In the active duty Air Force population, 46% were overweight and 8% were obese using these current guidelines.

The condition "weight creep", prevalent in today's military and the nation, refers to the weight gain of 1.5-2 pounds per year. Over several years, this cumulative weight gain may be significant with notable impact especially on mission readiness. ***Shape Your Future... Your Weigh!™***, aims to combat the weight creep problem and includes 3 key objectives adaptable for each base:

- 1) To ***increase awareness*** of the weight 'creep' phenomenon in the Air Force community
- 2) To ***empower the military family*** with ***practical suggestions*** for preventing unwanted weight gain, and
- 3) To ***present programs and initiatives*** that can be tailored to meet the unique needs of each Air Force base

How might you get involved? Stay tuned and keep your eyes and ears open for more advertising on base. Contact your local base **Health and Wellness Center (HAWC)** or **Dietitian** and take action. A pound or two each year adds up!

There's never been a better time to...

Shape Your Future... Your Weigh!™